

# Skills Children Learn at Play

Activity	Specific Skills Learned
Allow children to choose toys or learning materials they can work with alone or with others.	<p>Cognitive: Makes decisions about interests and abilities.</p> <p>Self-help: Finds toys by himself or sets up environment for play.</p> <p>Social/Language: Learns to share, barter, manage conflict, and ask for help.</p> <p>Emotional: Learns about acceptance and rejection. Expresses needs.</p>
Block Play	<p>Physical: Learns to balance blocks and line them up (small motor coordination).</p> <p>Cognitive: May count blocks, sees pattern and design. Learns to build and plan structure. Matches blocks that look alike.</p> <p>Social: Learns to share and cooperate.</p>
Dramatic Play	<p>Social: Plays adult roles. Develops self-image and coordinates with others.</p> <p>Language: Learns to express self in another role.</p> <p>Cognitive: Decides appropriate dress and appearance for role; uses visual perceptions to assess self, others, and play environment. Learns and remembers behaviors to imitate. Develops abstract thinking abilities.</p> <p>Self-help: Dresses self. Sets up play environment and finds props.</p>
Setting the table	<p>Cognitive: Counts silverware, glasses, and napkins, or places one object by each setting. Follows a pattern of place settings.</p> <p>Social: Cooperates with other children. May teach younger children to help.</p> <p>Physical: Picks up and places objects (small motor coordination).</p>
Sitting down to eat	<p>Physical: Pours the milk, passes the dish (small motor coordination).</p> <p>Cognitive: Measures to pour. Understands directions.</p> <p>Social/Language: Learns appropriate table conversation and manners.</p>
Story time or listening to music	<p>Cognitive: Listens and retains information. Follows story line (sequencing) with eyes and/or ears. Recognizes words, pictures, instruments, and rhythms.</p>
Fingerplays and Songs	<p>Cognitive/Language: Learns words, gestures, and melody (sequencing, repetition, speech and listening skills). Follows directions.</p> <p>Physical: Coordination (small and large motor) for gestures and fingerplays.</p>
Dance	<p>Cognitive/Language: Listens to music and rhythms. Learns to understand simple movement directions and their relationship to the music.</p> <p>Physical: Coordinates movements (large motor).</p>
Climbing/Riding	<p>Cognitive: May count the rings to the top of a climbing structure; plans his climb. Maps out direction and distance to ride; watches for others in path.</p> <p>Physical: Large motor coordination, balance.</p> <p>Social: Takes turns, interacts.</p>
Sand Play	<p>Cognitive: Measures sand and maps out roads (special relationships).</p> <p>Physical: Pours, dumps, pushes, gathers, scoops, packs (small and large motor).</p> <p>Social: Shares, interacts, cooperates.</p>
Putting away the toys	<p>Cognitive: Sorts toys, follows directions.</p> <p>Physical: Places object on the shelf, replaces lids, opens and shuts doors.</p> <p>Social: Takes turns, learns to handle toys carefully.</p>